

January 2012

Most of the activities listed here are suitable for everyone and do not require any previous knowledge of Buddhism.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lamrim Retreat – Guided Sessions: 9 - 10 am, 12 - 1 pm, 4 - 5 pm and 7 - 8 pm unless another event is scheduled at that time						
1	2	3	4	5	6 WFJT 7 pm	7
Lamrim Retreat Sessions: 9 - 10 am, 12 - 1 pm, 4 - 5 pm and 7 - 8 pm unless another event is scheduled at that time						
8	9	10 OSG 7 pm	11	12	13	14
15	16	17 Lunchtime Meditation 12:15-12:45 GP 7 pm	18 Lunchtime Meditation 12:15-12:45	19 Lunchtime Meditation 12:15-12:45	20	21
The Yoga of Buddha Heruka Retreat Sessions: 8 - 9 am, 10 - 11 am, 4 - 5 pm and 7 - 8 pm unless another event is scheduled at that time						
22	23	24 Lunchtime Meditation 12:15-12:45 GP 7 pm	25 Lunchtime Meditation 12:15-12:45 OSG 7 pm	26 Lunchtime Meditation 12:15-12:45	27	28
29 MD 4 pm	30	31 Lunchtime Meditation 12:15-12:45 GP 7 pm	FP and PFWP classes will resume in February GP classes in Brockville will resume in February			

<p>Legend - Chanted prayers</p> <p>WFJ - Wishfulfilling jewel Prayers including quiet meditation</p> <p>WFJT - Wishfulfilling jewel with Tsög *</p> <p>OSG - Offering to the spiritual guide *</p> <p>MD - Melodious drum in every direction *</p> <p>* Food offering, everyone can bring something to contribute</p>
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<p>Legend - Classes</p> <p>GP - General Program Drop-in Class - Provides a basic introduction to Buddhist view, meditation and practice that is suitable for Beginners. - \$10</p> <p>FP - Foundation Program - Provides an opportunity to deepen our understanding and experience of Buddhism through the study of commentaries & texts - Contact us</p> <p>Prayers for World Peace - Guided meditation, short teachings & beautiful prayers empowering yourself to change the world.-Free</p>
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